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INTRODUCTION TO JEFFERSON COMMUNITY CENTER

***Fall class registration begins
September 9, 2003
*Fall classes begin the week of
September 22, 2003
unless otherwise posted**

PROFESSIONAL STAFF

**Recreation Center Coordinator
Randy Smith**

**Assistant Recreation Center Coordinator
Staci Williams**

**Teen Leader
Denea Simone**

**Senior Adult Programs
Angela Smith**

**Facility Maintenance Laborer
Brenda Brown**

**Recreation Attendants
Christopher Eng
Jean Lee
Damian Mims
Mike Wanless**

**Neighborhood Service Center Coordinator
Glenn Harris
233-2044**

FALL

ADMINISTRATIVE STAFF

**Superintendent of Parks & Recreation
Kenneth R. Bounds**

**Director of Parks & Recreation
Christopher Williams**

**Parks Resources & Recreation Manager
Southeast District
Cheryl Fraser**

**Senior Coordinator
South Division
Corey Meyers, Acting**

HOURS OF OPERATION

SEPTEMBER 15 - DECEMBER 31, 2003

Monday, Wednesday, Friday	1:00 PM – 9:00 PM
Tuesday, Thursday	10:00 AM – 9:00 PM
Saturdays (Beginning Sept 6)	10:00AM - 5:00 PM
Sundays	Closed

Registered Program Participant Hours

Monday—Friday 10:00 AM– 1:00 PM

HOLIDAY CLOSURES:

Veterans Day	November 11, 2003
Thanksgiving	November 27 & 28, 2003
Christmas Day	December 25, 2003

FEES & CHARGES

The program and activities listed in this brochure are provided by the Jefferson Advisory Council under an agreement with the Department of Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of these programs. The Advisory Council program fees listed here include a 1.1% fee, which is paid to the Department of Parks and Recreation for each person registered in a program. The Department uses these funds to defray overall operation expenses. In addition, a 0.5% utility fee is included to offset the higher utility costs to run the facility.

SCHOLARSHIPS

Seattle Parks and Recreation encourages participation by low income City of Seattle residents. Scholarships or low income rates are available for some youth instructional programs. Scholarships are limited to specific programs and are granted based on financial need. Quarterly scholarships may be available on a first come first served limited basis. Scholarships are not traditionally intended to cover the entire cost of the class and are given per class or month by month. Applications can be obtained at the community center. Please call (206) 684-7481 for more information.



JEFFERSON COMMUNITY CENTER RENTAL INFORMATION

Jefferson Community Center is the perfect place to celebrate any important occasion, whether it is a reunion, birthday, wedding receptions, graduations, or meetings. Jefferson offer a spacious hall, meeting rooms, and Kitchen. For more information call 684-7481 today to reserve a date for your special day.

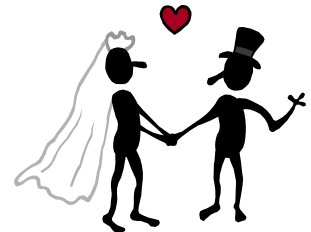
Medium Meeting Rooms	\$35.00 per hour	Minimum of two hours
Hasselberg Hall	\$45.00 per hour	Minimum of two hours
Kitchen	\$35.00 per hour	Minimum of two hours



Use of Hasselberg Hall for weddings, receptions, banquets, and other parties a special fee of \$400.00 per use is available which includes up to 7 hours of use of the Hasselberg Hall and kitchen, which allows time for the renter to do event set up, kitchen prep, and event clean up. For time over 7 hours, the regular hourly rate is added.

Damage/Cleaning Deposit

Non-refundable booking fee	\$10.00
Refundable damage/cleaning deposit	\$250.00*



*Additional fees for rentals serving alcohol

Non-refundable Alcohol Fee	\$60.00
Refundable damage/cleaning deposit	\$500.00

OCCUPANCY: 150 (standing) May be reduced depending upon the event.

Staff Fees

All rentals during non-operation hours will require a \$15.00/hr staffing fee. (\$22.50 on holidays) add 1/2 before and 1/2 hour after event for total fee.

Rentals including alcohol, any rental expecting more than 50 people will require 2 staff. The price will then be \$30.00/hr staffing fee.

All weekday rentals (Tuesday, Wednesday, Thursday only) must end at 8:45 pm

All weekend rentals (Saturday, Sunday) must end at 2:00 am.

TWO WEEKS ADVANCE NOTICE AND FULL PAYMENT REQUIRED TO BOOK A RENTAL



COMMUNITY INFORMATION/SPECIAL EVENTS

REFUND POLICY

It is the policy of the Seattle Parks and Recreation Department and the Associated Recreation Council to make a full refund to participants who register for a class, camp, special event or program that is canceled by the department or Advisory Council for any reason. Refunds, minus a service charge, may be available for many programs if the request is received in advance. Unless indicated otherwise, the request must be received at least 14 days prior to the start of a Day Camp, Field Trip, Special Event, or Facility Rental; and prior to the second class for most other programs. **Please ask for specific information before enrolling.** Applications can be obtained at the Community Center. Please call (206) 684-7481 for more information

ANTI-DISCRIMINATION POLICY

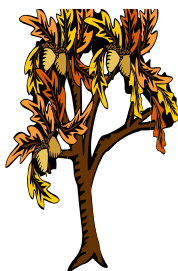
As a matter of policy, law, and commitment, the Seattle Parks & Recreation Department does not discriminate on the basis of race, creed, color, sex, marital status, sexual orientation, political ideology, age, religion, ancestry, national origin, or the presence of any sensory, mental, or physical disability. (Seattle Municipal code 18.12.280).

ADA COMPLIANCE

Accommodations will be made on request for persons with disabilities. If you need sign language interpretation or other accommodations, please call (206) 684-7438 or (206) 233-7061 (TDD only). If possible, please allow 10 working days advance notice for sign language interpretation or auxiliary aide. If a class or activity is scheduled in an area that is not accessible to wheelchairs, we will make every effort to help find a similar program in a more accessible location.

JEFFERSON ADVISORY COUNCIL

The Advisory Council invites you and your family to enjoy the recreation activities at Jefferson Community Center. If you would like to help other like-minded citizens with the development and operation of programs, you are invited to join the Advisory Council. The council meets on the fourth Wednesday of the month starting at 6:30 PM. For further information please call (206) 684-7481.



SPECIAL EVENT



FALL CARNIVAL

Halloween Carnival & Haunted House

When: Friday October 24, 2003

Time: 6:00 pm-8:00 pm

Ages: 3-10 (Carnival)

6-10 (Haunted House)

Cost: 1 can of food for Lifeline

25 cents or 5 tickets for a \$1.00 (Carnival)

\$1.00 - Haunted House

Proceeds help support the scholarship fund

Kids ages 3-10 can come dressed up in their favorite costume and play carnival games, enjoy refreshments, and enter a coloring contest. Kids ages 8-10 can go through our haunted house that has been designed by our local high school students.



TEEN PROGRAMS

VOLUNTEERS NEEDED

Halloween Haunted House & Carnival

It's more than just a Haunted house. It will make you jump out your seat, wet your pants, and give you nightmares. You **Scared?** "Don't be **Scared**" Grab those costumes and head on down the Jefferson Community Centers Haunted House put on by the Jefferson Teen Council.

Lots of Candy, Games, and Entertainment

Teens who need community service hours are welcome to volunteer. Please sign up in advance at Jefferson C.C.

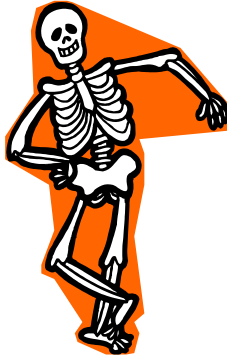
Date: October 24, 2003

Time: 6:00 –8:00 pm

Ages: 3-10 (Carnival)

Ages 6-10 (Haunted House)

Cost: \$1.00 with can food
\$ 2.00 without can food



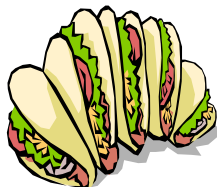
(T.T.T.) Teen Taco Tuesday

Head on down to the Jefferson Community Center to get your grub on. Every **2nd Tuesday** of the month we will be making tacos. Come join us!!! Family and friends are welcome!

Date: Every 2nd Tuesday of each month

Time: 3:15-5:00 pm

Cost: \$.50 per taco



"TEEN STYLE"

TEEN NIGHT

It's more than just a place to "hang out". It provides a fun & safe environment to experience unique activities that focus on self-expression through various art forms such as dance, music, and artwork. Snack will be provided.

Instructor: Art Bustillos

Mondays & Fridays

6:00 pm—9:45 pm

FREE !

FREE !



TEEN COUNCIL

Want to be a part of a program that offers leadership opportunities, builds relationships, and help others? Then join the Teen Council by picking up an application at Jefferson C.C.

Snack will be provided.

2nd & 4th Wednesdays of each month

6:00 pm—7:00 pm



For more information on Fall activities please call Denae Simone at Jefferson C.C. 684-7481

TEEN STYLE

Movie Monday

Every other Monday the Teens will either be out in theater or renting a PG-13 movie of your choice. Grab a friend 11-17y/o and head down to the movies with the Jefferson teens. **Popcorn will be provided for movie rentals!!**

Date: Every other Monday

Cost: Varies \$7.00 if we go to a movie or **FREE** for a video on site.



"WILDOUT WEDNESDAYS"

Each Wednesday come hang out experiencing a new adventure. Jefferson Community Center will host activities such as:

- Family Fun Center
- Seattle Center Fun Forrest
- Lawn Bowling
- Woodland Park Zoo
- And much more
- **PLEASE SIGN UP IN ADVANCE**

Times: varies from 3:00 pm - 8:30 pm



Special Events

- **Kube 93 Haunted House**

Date: TBA

Cost: TBA

- **Teen and Family Thanksgiving Dinner**

Date: November 26th

Time: 5:00-7:00 pm

Cost: Free



TEENS FALL QUARTER GOSSIP

Kate Hudson Excited for Maternity clothes

"I've been waiting for this moment," says Hudson, 24, in the interview. "I can't wait until it's time to find fun and stylish maternity wear. I'm actually more excited about dressing as a pregnant woman. You get to present something so completely female."

Hudson made the announcement that she was in a family way last month. The baby is due sometime in early 2004.

"I can't wait to bring a little human being onto this planet!" Hudson continues in the interview. "When it happens, it will be the most beautiful thing in the world."

Randy Jackson (American Idol) Taking Measures to Slim Down

In a statement, Jackson revealed that he has "taken very serious steps to improve my health over the past few weeks, so I may appear lighter very soon. I want to resume my Speedo modeling career."

Although unconfirmed by Jackson, it has been reported that he underwent surgery to help in his struggle to lose weight.



Advance sign-up is required

YOUTH FALL SPORTS

Youth Basketball

Registration begins the week of October 13, 2003.
Volunteer Coaches needed for all sports.

A copy of your child's birth certificates is required at the time of registration and all completed forms and full payment of \$45.00.

Cub Basketball League

The Cub Basketball League is a league designed for boys & girls to learn how to pass, shoot, dribble and learn teamwork through practice and league play. Practices will be determined by volunteer coaches availability. Games are played on Friday nights. Beginning in January 2004

Ages: 8-9
Time: TBA
Cost: \$45.00



Citywide Basketball League

Our Citywide Youth Basketball League teams play against other Community center basketball team from around the city. Practice will begin in November and games will begin in January 2004. Practice time will be determined by volunteer coaches availability. Games for ages 10-13 are played on Saturdays and games for ages 14-17 are played on Sundays.

Ages: 10-17
Cost: \$45.00
Time: TBA

Little Hoopsters Basketball Class

Let your child learn the basics of basketball in this class. They will learn how to dribble, pass, shoot and most of all team work. Scrimmage games will be played. Class will begin in January 2004.

Ages: 6&7
Time: TBA
Cost: \$40.00



Girls Volleyball

Gather your friends up and develop a volleyball team. Come dig, spike and pass the ball. Practice times will be determined by volunteer coaches. Games will begin in late September.

Age: 10-17
Cost: \$30.00
Time: TBA

FLAG FOOTBALL

Volunteer Coaches needed

Boys and girls gather your friends up and develop a NFL Flag Football team for Jefferson Community Center, prepare to compete against other Community Centers from around the city. Players will learn defensive and offensive skills. This is a limited contact sport. Registration will begin August 25, 2003. Games will be held at High Point Playfield on Saturdays. Games will begin Saturday September 27, 2003.

Ages: 8-10, 10-11, 12-14
Time: TBA
Days: TBA
Where: TBA
Cost: \$30.00



YOUTH CROSS COUNTRY

Seattle Parks and Recreation will offer Cross Country program in cooperation with Pacific Northwest Track and Field. Teams will practice at Woodland Park. Practice days TBA. For more information please call Frank Cammarano at Citywide Athletics at (206) 684-7091.

PRESCHOOL/YOUTH

KIDDIE KAMPUS – PRE-SCHOOL

**Kiddie Kampus Director:
Angela Lee**



This popular school year program is a valuable growing experience and an excellent preparation course for kindergarten. Emphasis is on social, academic, and motor coordination skills. Your child must be toilet trained and 3 years old by August 31, 2003 in order to be enrolled in class.

****NEW REGISTRATION PROCESS FOR 2003-2004****

Students currently enrolled in Spring 2003 will have priority to enroll for 2003-2004 school year. Returning students can place a **\$50 non-refundable deposit** to hold their spots. Deposits must be paid by the last day of Spring Quarter 2003. You have until **August 15, 2003** to pay the remainder of the class fee to be enrolled. Open Fall registration will begin on **SEPTEMBER 3, 2003 at 6 pm**. A copy of your child's birth certificate is needed at time of registration

Classes will begin September 22, 2003

All students must be potty trained!



3-4 year old options:

- (a) T/TH 9:00 am - 11:45 am \$306.00
- (b) T/TH 12:45 am - 3:00 pm \$306.00
- (c) MWF 9:00 am - 11:45 am \$460.00

4-5 year old options:

- (a) MWF 9:00 am - 11:45 am \$460.00
- (b) (b) MWF 12:15 pm - 3:00 pm \$ 460.00

Fall Quarter: 12 Weeks

No Classes on:

Tuesday, November 11, 2003
Thursday, November 27, 2003
Friday November 28, 2003

For more information, please call
Angela Lee at 684-7481



BEFORE & AFTER SCHOOL CARE

**Beacon Hill, Dearborn, Kimball & Maple
Elementary Schools**

**Before and After School Director:
Christopher Eng**

For elementary school age youth. Supervised recreational activities, arts & crafts, snacks, and help with homework. Program runs during the school year only. **Fall registration begins August 18, 2003 for new enrollees.** To inquire about fall enrollment, please call (206) 684-7481.

Scholarships may be available on a limited basis for qualified enrollees. We also accept DSHS subsidies. **The Seattle Dept. of Parks and Recreation has implemented a city-wide standardized fee system that begins this fall.** If you have any question please call 684-7481.

Ages: Elementary School Age

**Mondays – Fridays: 7:00 am– 9:00 am*
3:00 pm – 6:00 pm***

Before School Fee: \$175 per month

After School Fee: \$230 per month

Before and After: \$405 per month

All children are required to be picked up no later than 6:00 pm. You will be charged \$1.00 per minute for every minute that you are late.

For early dismissal days, program hours will be extended and an additional fee charged



YOUTH PROGRAMS



WINTER BREAK DAY CAMP

MID-WINTER BREAK CAMP

Are you looking for a place for your kids to hang out during winter break? Send them to Jefferson Community Center's winter break camp. Kids will enjoy swimming, movies, arts & crafts, cooking, board games and sport activities. Breakfast and snack will be provided. Please bring your own lunch. Camp will be held at Kimball Elementary School Portable # 2

Winter Break Registration begin Dec. 1

Mid-Winter Break registration begins Jan. 3

Session I December 22– 26, 2003

Session II December 29 - January 2, 2004

Session III February 16 - 20, 2004

No Camp on December 25, 2003

No Camp on January 1, 2004

No Camp on February 16, 2004

Days: Monday - Friday

Time: 7:00 am - 6:00 pm

Cost: \$100.00*

****Participants that are currently enrolled in the Jefferson C.C. before and after school program the cost will be \$ 60.00***

All children are required to be picked up no later than 6:00 pm. You will be charged \$1.00 per minute for every minute that you are late.

For more information please call (206) 684-7481

FAMILY CLAY CLASS

This class is designed for families to have fun and learn! Too often, time with your kids is spent watching them do things. Different levels of ability are the norm for this class. Emphasis will be on hand building techniques and introduction to the wheel.

Some coordination and strength is required and all project ideas are welcome. Clay is not included in the class fee, but other supplies are provided.



Instructor:	Molly Hueffed
Ages:	6 & Up
Thursdays:	6:00 pm – 8:00 pm
10 weeks:	10/02 -11/20
Adult & 1 child:	\$110.00 plus \$7 clay fee
Adult & 2 children:	\$165.00 plus \$7 clay fee



ART START

A fun creative class designed for younger kids! We will explore fun ideas and shapes with projects like puppet making, painting with watercolors, with sculptured shapes and other mediums.

Instructor:	Jennifer Shafi
Ages:	4-6
Tuesdays:	5:00 pm-6:00 pm
12 weeks:	9/23-12/16
Class Fee:	\$ 45.00

ART 4 FUN

This art class is designed for kids who want to have fun with art. Participants will paint with watercolor, bead projects, clay mask and more!

Instructor: Jennifer Shafi
Ages: 7-10
Tuesdays: Time: 6:00 pm-7:00 pm
11 weeks: 9/23-12/16
Class Fee: \$45.00
No Class on November 11, 2003

**FOREIGN LANGUAGES****INTERMEDIATE MANDARIN CHINESE**

Learn the basics in speaking, reading, and writing characters from a very respected & knowledgeable instructor.

Instructor: Mitsuo Aoki
Ages: 10 & Up
Wednesdays: 9/24-12/10

Saturdays: 10/22-11/12
Time: Wed 5:15 pm - 6:15 pm
***Sat.** 1:00 pm- 3:15 pm
12 weeks: 9/24-12/10
Class Fee: \$80.00

No class from October 22 - November 6, 2003
***Make up classes will be held on Saturdays.**

JAPANESE LANGUAGE CLASS

Have you ever wanted to learn a new language? Learn how to speak Japanese, write Japanese characters, and sing Japanese songs.

Instructor: Mitsuo Aoki
Ages: 10 & Up
Wednesdays: 9/24-12/10
Saturdays: 10/22-11/12
Time: Wed 4:00 pm-5:00 pm
Sat 1:00 pm-3:15 pm
12 weeks: 9/24-12/10
Class Fee: \$80.00

No class from October 22 - November 6, 2003
***Make up classes will be held on Saturdays**

Piano Lessons

Learn the basics of piano/keyboard technique and music theory. Learn to read sheet music, notation, chords, timing, rhythm, melody, improvisation techniques and play-by-ear techniques. No previous piano or music training required to start. Students will need to study and practice everyday for 30 minutes.

A \$15.00 material fee is paid to the instructor for music books.

Instructor: Expectation L. West
 Jackie Mampel (Volunteer)
Saturday: 8-10 years
Saturday: 11-17 years
11 Weeks: 9/27-12/20
No class on November 29, 2003

Ages:	Level	Times:
8 - 10	Beginners	11:00 am-12 noon
8 - 10	Intermediate/Advance	12:15 pm-1:15 pm
11-17	Beginners	1:30 pm-2:30 pm
11-17	Intermediate/Advance	2:45 pm-3:35 pm
Cost: \$80.00		



YOUTH EXERCISE CLASSES

PRE - BALLET

Pre-Ballet teaches balance, music appreciation, character dance, and beginning technique. Students should wear ballet slippers or 100% cotton socks and stretchable clothing.



Instructor: Sandra Dobra
Ages: 4-7 Years
11 weeks 9/25 - 12-11
Thursdays 6:00 pm-6:45 pm
Class Fee: \$60.00

BALLET

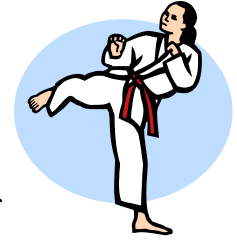
Ballet students will learn movement while listening to classical music that will encourage the imagination and spontaneity of the group. This class is great for building self-esteem and confidence in a group. The basics of ballet will develop strength, coordination, and flexibility. Students should wear ballet slippers or cotton socks and stretchy clothing.



Instructor: Sandra Dobra
Ages: 7-13 years
11 weeks 9/25 - 12/11
Thursday 7:00 pm - 8:00 pm
Class Fee: \$60.00

Shotokan Karate

Students will learn the basics of Shotokan Karate, a traditional Japanese martial art. It combines both mental and physical training to refine the character of its students. Translated, Karate means "empty hand". Karate practice is divided into three categories: Kihon (basic blocks, punches, kicks and stances), Kata (forms), and Kumite (sparring). More than just self-defense, training is a system of physical discipline and focused effort meant to train the mind as well as the body. With continued practice, students can expect to improve: Muscular and aerobic fitness, body alignment, balance and movement, increased perceptual awareness, concentration, confidence and discipline. Sensei Carla Chinn has practiced Shotokan Karate for over 20 years, earning her Shodan (black belt) at age 13. **Pre-registration is required.** The \$10.00 fee goes towards the publication of our brochure, participation fee and utility costs.



Instructor: Sensei Carla Chinn
Ages: 6-14
Saturday: 12:00 noon - 2:00 pm
11 Weeks: 9/27 - 12/06
No Class on November 29, 2003
Cost: \$15.00 per student

Little Hoopsters Basketball Class

Let your child learn the basics of basketball in this class. They will learn how to dribble, pass, shoot and most of all team work. Scrimmage games will be played. Class will begin in January 2004.

Ages: 6&7
Time: TBA
Cost: \$40.00



MOSAIC FRAME WORKSHOP



During this workshop you will transform ordinary wooden frames into unique works of art using combinations of brightly colored tiles, glass and other objects. Materials included, however please bring anything you would like to include in your design, broken pattern china, sea glass, buttons, and jewelry. This craft will make an excellent holiday gift.

Instructor: Jennifer Shafi
Day: Saturday
Time: TBA
Class Fee: \$55.00

INTERMEDIATE/ ADVANCED WHEEL

Create and investigate new ideas while strengthening your pottery skills. In this class instruction will be given to improve proficiency with the basic forms such as bowls, cylinders and plates. Demonstrations of pitchers, platters, and lidded form will be covered as well as some altered shapes. Finishing techniques, handles, knobs, surfaced decoration and basic glazing methods round out the course. Emphasis will be developing your own personal style.

Class maximum: 10. Class is combined with the Independent Clay Projects evening class.

No Class on November 11, 2003

Instructor: Heath Bultman
Tuesdays: 5:45 pm - 8:45 pm
10 Weeks: 9/30-12/09
Class Fee: \$110.00 plus \$7.00 clay fee
\$100.00 plus
\$7.00 clay fee (Seniors)

Clay fees for all classes:
\$7.00 for white Stoneware.
\$8.00 for porcelain



ADULTS CLASSES

POTTERY STUDIO

Whether you are interested in hand building, sculpture, or throwing on the wheel, there is space for you in our well equipped pottery studio. Class fees include glazes and firing. There is an extra fee for the purchase of clay unless otherwise stated. Due to limited space, any student wishing to produce oversized or a large amount of work, must have prior instructor approval. An additional fee may be charged. **For all work done outside regular class time or between quarters, a \$25.00 studio card must be purchased on a quarterly basis. This card is available to all current adult student enrolled in a Jefferson C.C. pottery class.**

ADULT INDEPENDENT CLAY PROJECTS

Intermediate/Advanced

These open studio hours are intended for the student seeking to explore their own creative ideas. Assistance is always available for working out concepts, troubleshooting problems, and helping make aesthetic decisions. Emphasis will be on improving skills and enhancing the quality of the end product.

Prerequisite: Beginning wheel, prior clay class or consent of instructor.

No Class on November 11, 2003

Instructor: Cathy O'Connor
Tuesdays: 11:00 am- 3:00 pm or 6:15 pm-8:45 pm
11 weeks: 9/30-12/09
Class Fee: \$110.00 plus \$7.00 clay fee

Lapidary/ Faceting

Cut, shape, and polish (lapidary) various stones to set in (faceting) pendants and rings. We have a nice studio equipped with tools. Students supply rough materials.

Instructor: Kenny Dodobara
Tuesdays: 6:00 pm—8:30 pm
11 weeks: 9/23-12-09
Lapidary: \$65.00 Adults
Faceting: \$55.00 Sr. Adults

No Class on November 11,2003



ADULT CLASSES

Foreign Languages

INTERMEDIATE MANDARIN CHINESE LANGUAGE

Learn the basics in speaking, reading, and writing characters from a very respected & knowledgeable instructor.

Instructor: Mitsuo Aoki
Wednesdays: 9/24-12/10
Saturdays: 10/22-11/12
Time: Wed 5:15 pm - 6:15 pm
***Sat.** 1:00 pm - 3:15 pm
12 weeks: 9/24-12/10
Class Fee: \$80.00

No class from October 22 - November 6, 2003

***Make up classes will be held on Saturdays**

JAPANESE

Have you ever wanted to learn a new language? Learn how to speak Japanese, write Japanese characters and sing Japanese songs.

Instructor: Mitsuo Aoki
Wednesdays: 9/24-12/10
Saturdays: 10/22-11/12
Time: Wed 5:15 pm - 6:15 pm
***Sat.** 1:00 pm - 3:15 pm
12 weeks: 9/24-12/10
Class Fee: \$80.00

No class from October 22 - November 6, 2003

***Make up classes will be held on Saturdays**

PIANO LESSONS

Learn the basics of piano/keyboard technique and and music theory. Learn to read sheet music, notation, chords, timing, rhythm, melody, improvisation techniques and play-by-ear techniques. No previous piano or music training required to start. Material fee of \$15.00 paid to the instructor.

Instructor: Expectation West
Wednesdays: 6:30 pm - 7:30 pm
10 weeks: 9/24-12/10
Ages: 15 - Adult
Cost: \$85.00 Adults &
 \$ 75.00 Senior Adults



ADULT BEGINNING WHEEL

This class is for adults who want to learn basic throwing techniques on the potter's wheel. Demonstration and practice in wheel work will be explored. Special hand building and decorative techniques may also be included in this class.

Instructor: Molly Hueffed

Wednesdays: 5:45 pm - 8:45 pm
11 weeks: 10/01-12/10
Class Fee: \$110.00 plus \$7.00 clay fee
 Senior \$100.00 plus \$7.00 clay fee

PRINTMAKING



An individualized class offering instruction to all levels of printmaking. Introduction to basic techniques used in intaglio printing. Bring a lunch.

Instructor: Wendy Thon
Tuesdays: Class time: 10:00 am - 1:00 pm
 Lab time: 1:00 pm - 3:00 pm
11 weeks: 9/23 - 12/09
Cost: \$100.00 Adults
 \$90.00 Sr. Adults

No Class on November 11, 2003

ADULT CLASSES

ADULT CLASSES & HEALTH

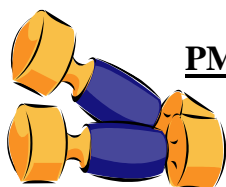
Alternatives To Toxins



Did you know the average home contain as many as 60 household hazardous chemicals? Attend this class and discover which products are most hazardous to your health and our environment. Learn which four simple words currently listed on products can help you shop for less hazardous cleaning and lawn care products. Also discover safer alternatives. Attend this class and discover how to receive your own Free Home Kit. Pre-registration is required. This class is funded by a grant from Local Hazardous Waste Management in King County.

Instructor: "Green" Jeanne Johnson

Day: TBA
Time: TBA
Cost: FREE



PM Aerobics & Conditioning

Get in shape safely and seriously. This class incorporate several forms of exercise including, aerobics, core muscle, circuit training, and Pilates designed to strengthen your heart and lungs while improving muscle tone, shaping, sculpting, and flexibility all to a variety of music.

Instructor: Zita Hachiya
Mon/Wed: 6:00 pm - 7:00 pm
11 weeks: 10/5-12/17
Class Fee: \$86 / Drop-in fee \$6
 \$62 / Drop-in fee \$5 (Seniors)

Full payment is required. Partial payment will only be accepted if the participant begins in mid part of session.

No class on Monday, November 11.2003

KUNDALINI YOGA

Kundalini Yoga is a time-tested system for overcoming the aging effects of the environment and stresses on the mind and the body. This vigorous workout with guided relaxation is designed to balance your nerves, & glandular system, strengthen digestion, circulation, and muscle tone.

Instructor: Nirmal Kaur
11 weeks: 9/29-12/08
Mondays: 6:00 pm – 7:00 pm
Class Fee: \$60.00

TAI - CHI

A classical Chinese exercise that is an effortless, rhythmical art form. This form develops slow breathing, balance, relaxed postures and absolute calmness of the mind. Class runs continuously.

Instructor: Mitsuo Aoki
Days: Monthly
Wednesdays: 7:00 pm - 9:00 pm
Saturday: 10:30 am - 12 noon
Class Fee:
 Adults: \$40.00 per month/\$12.00 per drop-in
 Seniors \$32.00 per month/- \$10.00 per drop-in

No class from October 18 - November 8,2003

No Class on November 29,2003

FREE! CPR CLASS FREE!



DAY: SATURDAY
DATE: October 18, 2003
TIME: 10:00 am– 12:00
LOCATION: Jefferson C.C.
AGES: 14 & Up
CLASS FEE: FREE

Come and learn how to save a life with CPR. Learn the techniques of CPR which is required to save a life in an emergency. The program is free, but a donation to the Medic Two Program would be appreciated. Does not meet the WISHA or Red Cross standards.

Pre-register by calling (206) 684-7481.

UP COMING FALL SPORTS

FOR YOUR INFORMATION

JEFFERSON GYM

PROJECT BACKGROUND

The Seattle Parks and Recreation Department, in partnership with the community, is preparing the design for a gym to be constructed on the west side of Jefferson Community Center. In addition to the gym itself, the project include storage, toilets, an entry area, and site improvements (exterior basketball court, parking, paths, lighting, landscape, and park furnishings). The gym is scheduled to be completed by late spring of 2004.

PROJECT STATUS

CONSTRUCTION HAS BEGUN!

All classes will continue on as scheduled. We apologize for any inconvenience that may be caused during this time. The east/west path will remain open. The gym is expected to be completed by spring of 2004

Jefferson Park Improvements

- **Website:** <http://www.cityofseattle.net/parks/parkspace/jefferso.htm>
- **Contact Don Bullard** (Project Manager)
 - * **Phone:** (206) 684-7158
 - * **E-mail:** don.bullard@seattle.gov



THANK YOU VOTERS

Due to the passage of the Pro Parks Levy in November 2001, Jefferson Community Center will be the proud recipient of 2 new tennis courts. This will be in addition to a new gym that was levy approved in 1999.

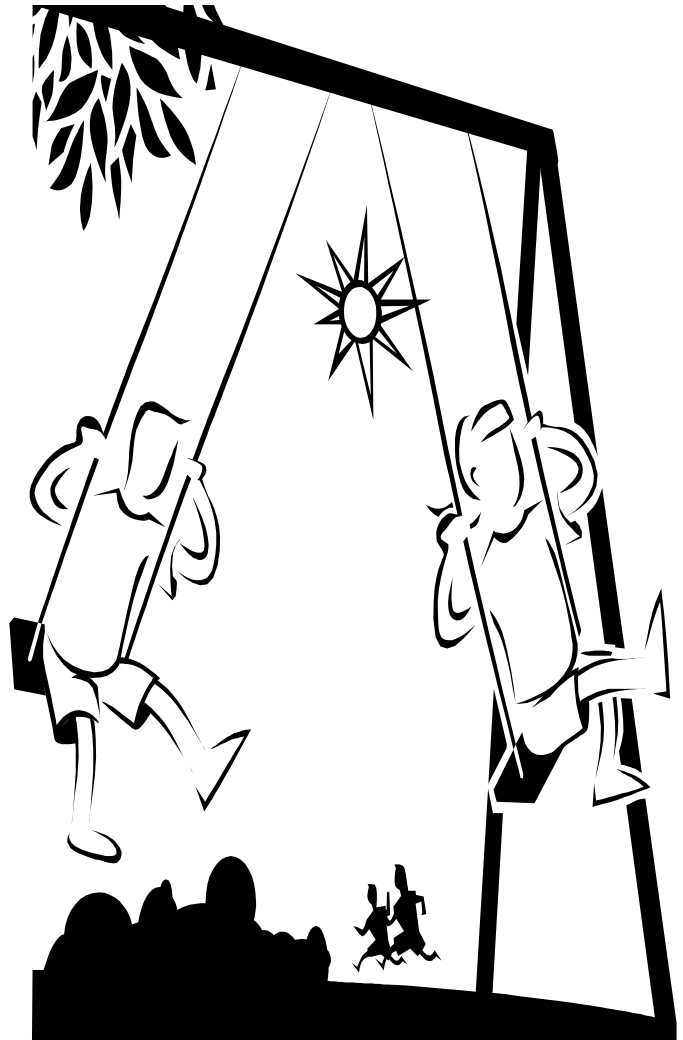
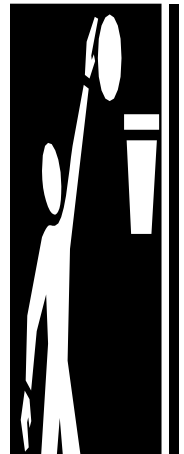
ADULT OPEN GYM

DAYS: MONDAY & WEDNESDAYS
CLOSED: NOV. 11, NOV. 27- 28, DEC. 25
TIME: 6:00 - 8:45 PM
LOCATION: ASA MERCER M.S.
1600 S. COLUMBIAN WAY
AGES: 18 & UP
FEE: FREE

WOMEN'S NIGHT:

WEDNESDAYS

(ONE SIDE OF GYM WILL BE RESERVED)



Jefferson Community Center

Upcoming Special Events:

Fall Carnival

Friday, October 26, 2003

6pm-8pm

Ages 3-10 (Carnival)

Ages 6-10 (Haunted House)

Cost: 1 can of food for Lifeline

25 cents per ticket or 5 for \$1.00

\$1.00-Haunted House



Please look inside
for more information.

Jefferson Community Center
A member of the Associated Recreation Council
Associated Recreation Council
100 Dexter Avenue North
Seattle, WA. 98109-5199

Postage
Required

Community Centers

Alki	684-7430
Ballard	684-4093
Bitter Lake	684-7524
Delridge	684-7423
Garfield	684-7488
Green Lake	684-0780
Hiawatha	684-7441
High Point	684-7422
Jefferson	684-7481
Laurelhurst	684-7529
Loyal Heights	684-4052
Magnolia	386-4235
Meadowbrook	684-7522
Miller	684-4753
Montlake	684-7436
Queen Anne	386-4240
Rainier	386-1919
Rainier Beach	386-1925
Ravenna Eckstein	684-7534
South Park	684-7451
Southwest	684-7438
Van Asselt	386-1921
Yesler	386-1245

Swimming Pools

Ballard Aquatics Center	684-4094
Evans Pool	684-4961
Medgar Evans Pool	684-4766
"Pop" Mounser Pool (summer pool)	684-4708
Queen Anne Pool	386-4282
Rainier Beach Pool	386-1944
Southwest Pool	684-7440

Recreation Information

Public Information	684-4075
Compliments/Concerns	684-4837
Adult Athletics	684-7092
Youth Athletics	684-7094
Event Hotline	233-2626
Gym Rentals	684-7095
Fishing Piers	684-4075

Senior Adult Information

Senior Programs	684-7484
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Teen Programs

Teen Time at Jefferson	684-7481
Teen Life Center	684-4550
Late Night at Garfield	684-7422
Late Night at Meadowbrook	684-7423
Teen Night at Jefferson	684-7481

Special Interests

Aquarium	386-4320
Woodland Park Zoo	684-4800
Green Lake Small Craft	684-4074
Camp Long	684-7434
P-Patch	684-0264
Kubota Garden	684-4584
Japanese Garden	684-4725
Discovery Park	386-4236
Indian Cultural	285-4425
Mt. Baker Rowing Center	386-1913
Seattle Tennis Center	684-4764
Langston Hughes	684-4757
Jefferson Golf Club	762-4513
Jefferson Park Driving Range	763-8989
Jefferson Park Lawn Bowling	762-2490
Volunteer Park Conservatory	684-4743

For More Information, please call 684-4075

Jefferson Community Center Gym Addition Project

Teens, Tired of the outside courts?

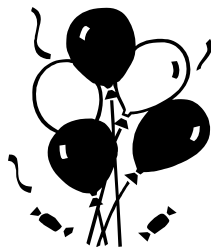
Renters, Need a bigger space for your Rental

Kids, Want a place to run around?

Seniors/Adults, Want a place to play pickle ball, aerobics, and badminton?

Well guess what, the Jefferson Community Center will be having a celebration for our new gym, so head on down to Jefferson for a morning full of:

- Fun
- Food
- Entertainment
- And Much more



Date: October 4, 2003

Time: 10- 11:00 am

The New Jefferson Community Center
Gymnasium will be located at 3801 Beacon
Ave South, Seattle, WA 98108

For any Questions, please Contact Randy
Smith or Staci Williams @ 206-684-7481

How will the Gym Benefit the Community



The new Jefferson Community Center Gymnasium will benefit the community in many ways from, larger Space for Rentals to Jefferson Community Center youth basketball.

The Jefferson staff looks forward to you, your family and friends to take full advantage of the new upcoming gymnasium.

Note: For gym rentals, please notify the Jefferson staff with at least two weeks notice of event.

Before



After

